



24th March 2020

Jay Shree Swaminarayan to All,

The Government have this week issued Guidance on Social Distancing in the UK. Please read this fully and understand where you and your household fit in the categories described, which leads to what you must do for the **next three weeks**.

From Monday 23rd March, below measures have been put into place:-

1. Requiring people to stay at home, except for very limited purposes,
 - You may only leave to shop for basic necessities as infrequently as possible
 - Once a day for exercise, alone or with members of your household
 - Any medical need, or to help a vulnerable person
 - Traveling to and from work where this is not possible to do from home
2. Closing non-essential shops and community spaces,
3. Stopping all gatherings of more than two people in public,
 - Unless you live in the same household

These measures will reduce your day-to-day contact with other people. They are a vital part of our efforts to reduce the rate of transmission of coronavirus.

Every citizen is instructed to comply with these new measures.

Follow the link for the English version: [English guidance](#)

Follow the link for the Gujarati version: [Gujarati guidance](#)

Please share this letter with your family and friends, contact vulnerable people you know and see if they're okay on a regular basis.

We kindly request for this letter to be forwarded as necessary to all devotees and members of the community.

We thank you for your ongoing cooperation.

Kind Regards,

Trustee Board/ Management Committee
For and On Behalf of SKS Swaminarayan Temple, East London

This is an electronic document and hence does not require signature(s)

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